

wic foods

for
non-breastfeeding
mom and infant

These WIC Foods...

- Are low in fat and high in fiber.
- Help you maintain your strength to care for your infant.
- Provide a variety of nutritious foods.
- Are consistent with Dietary Guidelines and infant feeding recommendations.

What you will receive:

GRAINS

For Mom:

- 36 ounces iron-fortified cereal

For Infant:

- 24 ounces iron-fortified infant cereal at 6 months old

FRUITS & VEGETABLES

For Mom:

- \$11 cash value benefit
 - Fresh
 - Frozen
 - Canned
- 96 fluid ounces of vitamin C-rich juice

For Infant:

- 32 jars of baby food fruits and vegetables (4 ounce) at 6 months old

DAIRY

For Mom:

- 16 quarts (4 gallons) of low-fat or skim milk or allowed substitutions:
 - Cheese
 - Yogurt
- One gallon of low-fat or skim chocolate milk

For Infant:

- Supplemental infant formula

PROTEIN

For Mom:

- 1 dozen eggs
- 1 pound of dried beans or peas *or* 16-18 ounces of peanut butter